

Ready for your spring & summer activities?

We can help!

PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299



749 River Valley Drive
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Now is the time to start preparing your body for all of the spring and summer activities we enjoy participating in.

Our body will appreciate a little preparation before diving right into all of our yard work, hiking, running, golfing, kayaking / canoeing, painting, baseball, soccer and



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any other activities or chores we have on our list. It is important to start out slow and easy if you haven't been active through the winter months and allow our body time to get use to our new found physical level. Starting some basic strength training exercises can make many of the activities much easier to get back into and keep us from getting

too sore. We will also be able to do more work or activities before tiring out. Also, finding some exercises that help simulate some of the activities we will be doing can also help us transition into those activities without the typical soreness and fatigue we usually experience. Gradually increasing our activity levels week by week

leading into summer will set us up for an awesome summer of fun and play while hopefully keeping the doctor and physiotherapy visits away. If you need any suggestions for activities or exercises to prepare you for your summer fun find an exercise professional in your area to give you some fun and safe suggestions.



**Human
Performance
Centre**

Achieve Your Best
... We Can Help.